

WAR BREADS.

The following recipes for making bread, reducing consumption of wheat flour without detriment to the food value of the bread, are published in the hope that Oconeeans will read them carefully, give them a fair trial and adopt them for use as widely as possible. The recipes are furnished us by Miss Ruth Berry, county demonstrator in home economics. They were recently used in the demonstration work in the Girls' Short Course:

Plain Bread—Quick Method (or Straight Dough Method.)
Recipe for one loaf—1 scant quart flour, half cake compressed yeast, or half cup liquid yeast, 1 tablespoonful salt, 1 tablespoonful sugar, 1 tablespoonful shortening, half cup milk and half cup water, (or 1 cup milk or 1 cup water). If liquid yeast is used only half cup liquid will have to be used.
If compressed yeast is used, soak it in ½ cup lukewarm water first. Scald milk, (if only water is used, take ½ cup hot water in place of the milk), add sugar, salt and shortening, cool to lukewarm. Now add yeast. Mix in the flour gradually until you obtain a dough stiff enough to handle well. A more tender bread will result if the dough is kept as soft as possible. Knead until blisters appear on dough. Set to rise till light, or double in bulk. Shape into loaf or rolls and let double in bulk again. Bake. (For loaf, 45 to 60 minutes; for rolls, 20 to 25 minutes.)

Peanut Bread.
(Enough for one loaf.)
3 scant cups flour, 1 cup roasted and hulled peanuts, ½ cake compressed yeast (or 2/3 cup liquid yeast), 1 tablespoonful sugar, ½ tablespoonful salt. (1 cup liquid if compressed yeast is used; ½ cup liquid if liquid yeast is used.)
Break the peanuts into small pieces and mix thoroughly with flour. Proceed from this point exactly as directed under Plain Bread method.
Note: This recipe is most practical where the peanuts are raised at home. Peanut bread is richer in protein and fat than is the usual all wheat flour bread.

Sweet Potato Bread.
(Enough for one loaf.)
3 scant cups sifted flour, 1 cup mashed sweet potatoes, ½ cup compressed yeast (or 1 cup liquid yeast), 1/3 cup lukewarm water, (this will not be needed if liquid yeast is used.) ½ tablespoonful sugar, ½ tablespoonful salt, 1 tablespoonful shortening if desired.

Wash and boil in their skins three sweet potatoes, medium size; cook until very tender; drain, peel and mash while hot, putting through a colander to free from lumps; add sugar and salt, and cool to lukewarm. Add the yeast, softened in 1/3 cup lukewarm water, and 1 cup of flour. Mix thoroughly; cover and set in moderately warm place to rise till light and spongy (about two hours). When sponge is very light, beat thoroughly and add shortening, if any is to be used, and the remainder of the flour. Knead thoroughly until smooth and elastic. Should the dough be either too stiff or too soft, add water or flour, a little at a time, working it thoroughly until the dough is of the proper consistency. Cover and set back in warm place to rise until double in bulk. Mold into loaf or rolls, let rise again and bake.
Note—This bread is richer in sugar than is the all-wheat flour bread. Boiled sweet potatoes contain a large amount of water, which causes the dough to soften as it rises. Do not add more water to the dough unless it is absolutely necessary in order to incorporate all the flour.

Rice Bread.
(Enough for one loaf.)
1 cup boiled rice, 3 cups flour (scant), ½ cake compressed yeast (or ½ cup liquid yeast), 1/3 cup lukewarm water (omit this if liquid yeast is used), 1 tablespoonful sugar, ½ tablespoonful salt, 1 tablespoonful shortening, if desired.
Cook ¼ cup rice in 1½ cups water, (or with as much water as it will absorb) until it is soft enough to put through a colander or potato masher. Cool until lukewarm and follow directions for making sweet potato bread from point where the yeast, etc., are added to the cooled mashed potato.
Note—Good results are also obtained if the "Straight Dough Method" is followed from point where yeast, etc., are added to cooled rice. This is a good way to use left-over rice. Broken rice is much cheaper than the whole grains and is just as good in this bread. Rice bread is very delicate and light. It must be thoroughly cooked in order to keep it from getting "soggy."

The Beauty Secret.
Ladies desire that irresistible charm—a good complexion. Of course they do not wish others to know a beautifier has been used so they buy a bottle of
Magnolia Balm
LIQUID FACE POWDER
and use according to simple directions. Improvement is noticed at once. Soothing, cooling and refreshing. Heals Sunburn, stops Tan.
Pink, White, Rose-Red.
75c. at Drugists or by mail direct.
Sample (either color) for 2c. Stamp.
Lyon Mfg. Co., 40 South Fifth St., Brooklyn, N.Y.

SEVERE HEAT WAVE BROKEN.
Scattered Showers in East Brought Relief, But None in West.
Washington, Aug. 2.—The heat wave in the East, broken to-night by scattered showers, shows slight probability of an imminent recurrence, according to the experts of the weather bureau. No immediate relief is promised, however, for the West, while a climb in the mercury is expected in the Ohio and Mississippi Valleys.
High temperatures continued until late to-day throughout the East. Boston and Baltimore reported 98 and New York, Philadelphia and Washington 96.
67 Die in New York.
New York, Aug. 2.—Thunder showers and cooling breezes late to-day brought relief from the paralyzing heat which has tortured New York for the last four days. The lower temperature came too late to avert another long list of deaths. The board of health announced that 67 persons had been killed by the heat to-day, and there were hundreds of prostrations. Dr. C. F. Bolduan, director of public health education, declared that most of the 878 deaths in the city since Sunday were caused by high temperature.
In addition to the victims in New York city, Jersey City reported 12 deaths, Hoboken 5 and Jamaica 3.
Parks and beach resorts were again over-crowded and thousands planned to spend another night in the open. Scores of factories and business houses again suspended operations.
The stock exchange and the cotton and produce exchanges announced that they would be closed all day Saturday and most of the brokerage houses and banks in the financial district also will close.
134 Lives Since Monday.
Philadelphia, Aug. 2.—Thunder showers to-night brought relief from the heat wave which since Monday has claimed the lives of 134 persons in this city. Fifty-five deaths and scores of prostrations were reported to-day. The relief, according to the local weather forecaster, is only temporary, as returning high temperature is predicted for to-morrow.

16 Killed in Boston.
Boston, Aug. 2.—The heat wave killed 16 persons and prostrated 55 others in this city to-day before evening breezes relieved the oppression. It was the fourth consecutive day in which a maximum temperature of 98 degrees was officially recorded. A total of 12 deaths and scores of prostrations have been caused during the four days.
Killed in Hydroplane.
New York, Aug. 2.—Chas. Fleischmann, son of Julius L. Fleischmann, former mayor of Cincinnati, was instantly killed to-night when the hydro airplane in which he was flying collapsed in Great South Bay. Harry Witz, pilot of the machine, also was killed.
Fleischmann, who was a member of the first battalion, aviation corps, had left the naval station at Bayshore, Long Island, for a ride with Witz, who owned the machine and gave exhibition flights. They had risen to a height of about 100 feet when the machine was seen to turn over and Fleischmann was thrown out, falling in shallow water. Witz, who was strapped to his seat, went down with the plane.
Persons on board a power boat witnessed the accident and recognized the bodies. It was said the noise of the explosion was heard just before the machine dropped.

To Cure a Cold in One Day
Take LAXATIVE BROMO Quinine. It stops the Cough and Headache and works off the Cold. Druggists refund money if it fails to cure. W. W. GROVE'S signature on each box. 25c.
CONSUMED 4,358,000 BALES.
Hester Figures that Amount Used by Southern Manufacturing Plants.
New Orleans, Aug. 2.—Consumption of cotton by Southern mills during the cotton year ended July 31 amounted to 4,358,000 bales, breaking all former records, according to figures compiled by H. G. Hester, secretary of the New Orleans Cotton Exchange, and announced to-day.
These figures compared to 4,047,000 the year before and 3,163,000 two years ago.
The total commercial crop of cotton for the year just ended, according to Secretary Hester's figures, amounted to 12,941,000 bales, against 12,938,000 the year before and 15,108,000 two years ago.
The heavy consumption of cotton for the past year, according to reports received on this exchange, was due partly to large war orders and partly to the filling of business which in peace times probably would have gone to England.

What is LAX-FOS
LAX-FOS IS AN IMPROVED CASCARA
A Gentle Liquid Laxative, Cathartic and Liver Tonic. Contains Cascara Bark, Blue Flag Root, Rhubarb Root, Black Root, May Apple Root, Senna Leaves and Pepsin. Combines strength with palatable aromatic taste. Does not gripe. 50c

Patrolman Kills His Chief.
Believed to Have Been Suddenly Stricken Insane.
New Orleans, Aug. 2.—A suspended patrolman, Terrance J. Mullen, 31 years old, believed to have been insane, shot and killed Superintendent of Police Jas. W. Reynolds, probably fatally wounded Capt. Garry O. Mullen, the patrolman's cousin, and wounded George Vandervoort, the chief's secretary, and Detective Geo. Dillman, in police headquarters to-day. Patrolman Mullen was captured after being wounded in the hand, knee and thigh, as he tried to escape from the building. At least 50 shots were fired by the patrolman and the police officers and detectives seeking to stop him.
Capt. Mullen was in a hospital to-night and physicians stated he could not live. Vandervoort and Dillman were not seriously wounded. Patrolman Mullen is expected to recover.
Chief Reynolds was shot and killed while in his office early to-day, in the presence of several police officers and detectives. Patrolman Mullen had been under suspension for a month owing to suspicion as to his mental condition, and he apparently became angry at Superintendent Reynolds when he declined to give him money from the police benefit fund without a doctor's certificate. The patrolman killed Chief Reynolds at the first shot, and, notwithstanding that officers and detectives in the superintendent's office and others in the building began firing at him, he shot Capt. Mullen twice in the chest and Vandervoort in the head before he was wounded and captured. Dillman received a slight wound in his cheek from a stray bullet.
The slayer several years ago was treated in a private sanitarium for mental disease. In the hospital he made a statement saying: "I'm sorry I had to do it, but its nature's law. It's bread and meat with me. That's all there is to it; but I'm sorry."

State of Ohio, City of Toledo, Lucas County—ss.
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of One Hundred Dollars for each and every case of Catarrh that cannot be cured by the use of Hall's Catarrh Medicine.
Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.
(Seal) A. W. GLEASON, Notary Public.
Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surfaces of the system. Send for testimonials, free.
F. J. Cheney & Co., Toledo, O. Sold by all druggists, 75c.
Hall's Family Pills for constipation.—Adv.

Meeting County Farmers' Union.
The Oconee County Farmers' Union will meet with Coneross Union, at Coneross church, on Saturday, August 18, at 11 o'clock a. m. All local unions are requested not only to send full delegations, but for all members to come, as business of importance will be attended to.
T. Y. Chalmers, President.

Drives Out Malaria, Builds Up System
The Old Standard general strengthening tonic, GROVE'S TASTELESS CHILL TONIC, drives out Malaria, enriches the blood, and builds up the system. A true tonic. For adults and children. 50c.

Crazed, Kills Self and Babe.
Newark, Ohio, Aug. 1.—Mentally deranged from the terrific heat wave, Mrs. Ray Morris, 28 years of age, disappeared from her home to-day. Two hours later her body and that of her daughter, Dorothy, aged 3, were taken from the Licking river. The mother had tied the baby girl's body to her own.

LIVER DIDN'T ACT
DIGESTION WAS BAD
Says 65 year Old Kentucky Lady, Who Tells How She Was Relieved After a Few Doses of Black-Draught.
Meadorville, Ky.—Mrs. Cynthia Higginbotham, of this town, says: "At my age, which is 65, the liver does not act so well as when young. A few years ago, my stomach was all out of fix. I was constipated, my liver didn't act. My digestion was bad, and it took so little to upset me. My appetite was gone. I was very weak... I decided I would give Black-Draught a thorough trial as I knew it was highly recommended for this trouble. I began taking it. I felt better after a few doses. My appetite improved and I became stronger. My bowels acted naturally and the least trouble was soon righted with a few doses of Black-Draught."
Seventy years of successful use has made Thedford's Black-Draught a standard, household remedy. Every member, of every family, at times, need the help that Black-Draught can give in cleansing the system and relieving the troubles that come from constipation, indigestion, lazy liver, etc. You cannot keep well unless your stomach, liver and bowels are in good working order. Keep them that way. Try Black-Draught. It acts promptly, gently and in a natural way. If you feel sluggish, take a dose tonight. You will feel fresh tomorrow. Price 25c. a package—One cent a dose. All druggists. J. 69

Children Cry for Fletcher's CASTORIA
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.
What is CASTORIA
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.
GENUINE CASTORIA ALWAYS
Bears the Signature of *Chas. H. Fletcher*
In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

Sub Toll a Little Lower.
London, Aug. 1.—Some falling off in the list of British merchantmen sunk by submarines is noted in the official summary issued this evening. Eighteen vessels of more than 1,600 tons were sunk by submarines or mines last week. Three vessels under 1,600 tons were sunk, while no fishing vessels were lost.
According to the admiralty report of the previous week, the losses were 21 British vessels of more than 1,600 tons each, three of less than 1,600 tons and one fishing vessel.

BLUE RIDGE RAILWAY.
Between Belton and Walhalla.
Time Table No. 19—Effective June 24, 1917.

STATIONS	1st-Class Pass.		2nd-Class Pass.		3rd-Class Pass.		4th-Class Pass.		5th-Class Pass.		6th-Class Pass.		7th-Class Pass.		8th-Class Pass.		9th-Class Pass.		10th-Class Pass.	
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Ly Walhalla	7:30	3:03	11:25	5:50	5:30															
" West Union	7:45	3:18	11:40	6:05	5:45															
" Seneca	8:00	3:33	11:55	6:20	6:00															
" Jordanville	8:15	3:48	12:10	6:35	6:15															
" Adams' Crossing	8:30	4:03	12:25	6:50	6:30															
" Cherry's Cross'g	8:45	4:18	12:40	7:05	6:45															
" Pendleton	9:00	4:33	12:55	7:20	6:60															
" Autum	9:15	4:48	1:10	7:35	6:75															
" Sandy Springs	9:30	5:03	1:25	7:50	6:90															
" Denver	9:45	5:18	1:40	8:05	7:05															
" West Union	10:00	5:33	1:55	8:20	7:20															
" Anderson, P. Dep.	10:15	5:48	2:10	8:35	7:35															
" Anderson, F. Dep.	10:30	6:03	2:25	8:50	7:50															
" Ar Walhalla	10:45	6:18	2:40	9:05	8:05															
No. of Train	12	10	24	30	8															

WEST-BOUND P.M. A.M. A.M. P.M. A.M.
Ly Belton 5:25 11:22 11:34 9:45
" Brakine's Siding 5:37 11:34 11:46 9:57
" Anderson, F. Dep. 5:54 11:51 12:03 10:14
" Anderson, P. Dep. 6:06 12:03 12:15 10:26
" West Union 6:21 12:18 12:30 10:41
" Denver 6:36 12:33 12:45 10:56
" Sandy Springs 6:51 12:48 12:60 11:11
" Pendleton 7:06 13:03 12:75 11:26
" Cherry's Cross'g 7:21 13:18 12:90 11:41
" Adams' Crossing 7:36 13:33 12:105 11:56
" Jordanville 7:51 13:48 12:25 12:11
" Seneca 8:06 14:03 12:40 12:26
" West Union 8:21 14:18 12:55 12:41
" Ar Walhalla 8:36 14:33 13:10 12:56
No. of Train 11 9 29 25 7

Flag Stations: Anderson Freight Depot, West Union, Denver, Sandy Springs, Autum, Cherry's Crossing, Adams' Crossing, Jordanville. Steam trains will stop on flag at Welch, Toxaway, Phinney's, James.

Trains 24, 25, 29, 30 do not handle baggage. J. R. ANDERSON, Supt.

Card of Thanks.
Editor Keowee Courier: We desire through your columns to express our sincere thanks to the many friends who during the long illness and at the death of our dear husband and son-in-law extended so many courtesies and performed so many deeds of kindness to him and to us. These evidences of sincere friendship and neighborliness will ever be gratefully remembered by us. Respectfully,
Mrs. C. D. Wilson,
Mrs. Mamie Craig,
West Union, July 30, 1917.

Whenever You Need a General Tonic Take Grove's
The Old Standard Grove's Tasteless Chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

Brussiloff Quits Command.
Petrograd, Aug. 2.—Gen. Brussiloff, commander-in-chief of the Russian armies, has resigned. Gen. Korniloff, commander of the southeastern army, has succeeded him, while Gen. Tchermissoff, commander of the eighth army, has succeeded Korniloff.

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J. P. Carey, J. W. Shelor,
Pickens, S. C. W. C. Hughes,
CAREY, SHELOR & HUGHES,
Attorneys and Counselors,
Walhalla, South Carolina.
Practice in State and Federal Courts.

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Ladies desire that irresistible charm—a good complexion. Of course they do not wish others to know a beautifier has been used so they buy a bottle of
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